



Start Point:

Approximately 17km west of Portlaoise on the R445 road to Roscrea and about 4km beyond Mountrath, we go left onto minor road LI672, signposted Castle Town. Entering the village, we cross a bridge over the River Nore (more of this, later) and park at the grassy triangle at the village centre.

Distance: 6.5km loop walk.

Description: Easy going and on roads, therefore a good choice in winter.

DIFFICULTY: 

MAP: OS Discovery Series No 54

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